

Year KS1 Athletics

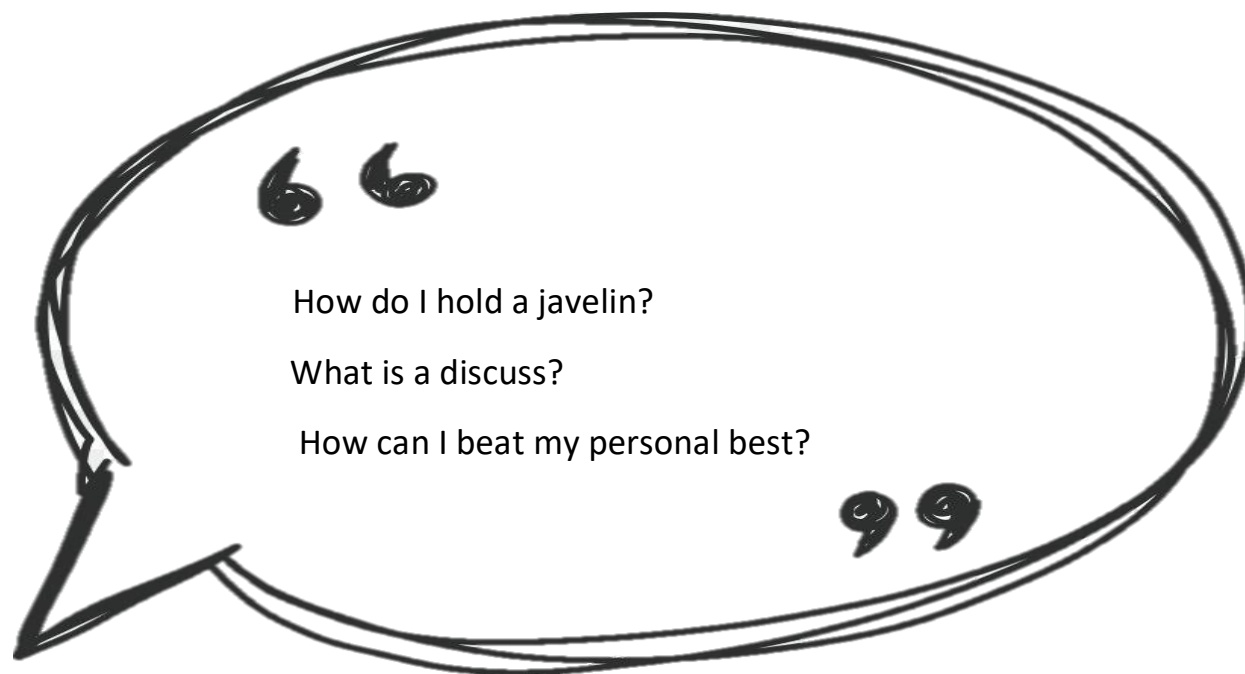


Knowledge Organiser: PE

Key Vocabulary			
Athlete	Baton	Discuss throw	False start
Hurdles	Javelin throw	Relay	Sprint



You will learn: how to throw a discuss, a javelin and how to set and beat personal records.



Key facts	Key skills
In KS1 children will try to beat their personal best through different athletic events including running, throwing and jumping. They will be introduced to foam javelins and discuss and shown the different ways to throw them.	Children will learn how to sprint in races and in relays how to pass the baton. They will run over hurdles and be introduced to the javelin and the discuss. They must compete against themselves and others whilst working towards achieving their personal best. They will work towards using their skills on Sport's Day.